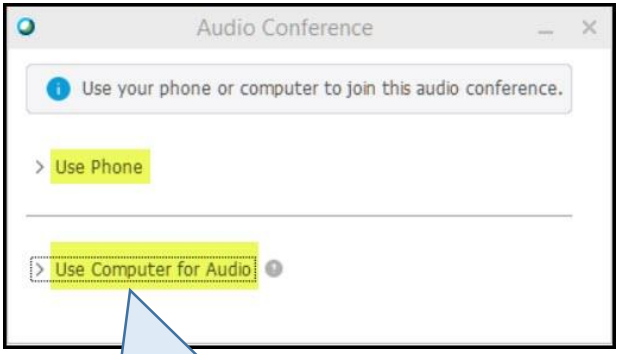
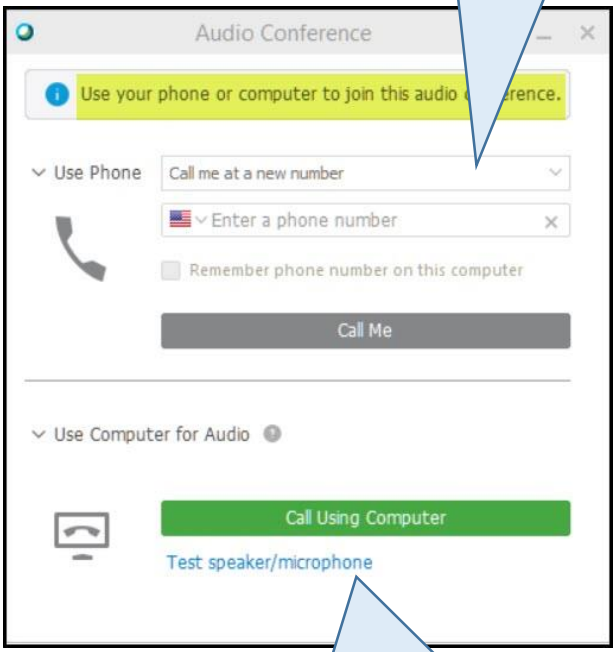
Connect to the Audio

1) Your audio box may look like this when you enter the WebEx session.



2) Click the arrow to expand the section you need (phone or computer).

3) If you want the system to call your phone, enter your phone number.



4) Test your computer audio and then click *Call Using Computer*.

Health Programming for Summer Reading (and Virtual Engagement!)

Michael Balkenhol, MLIS
Health Programming Coordinator
National Network of Libraries of Medicine
Middle Atlantic Region (NNLM MAR)
mab602@pitt.edu

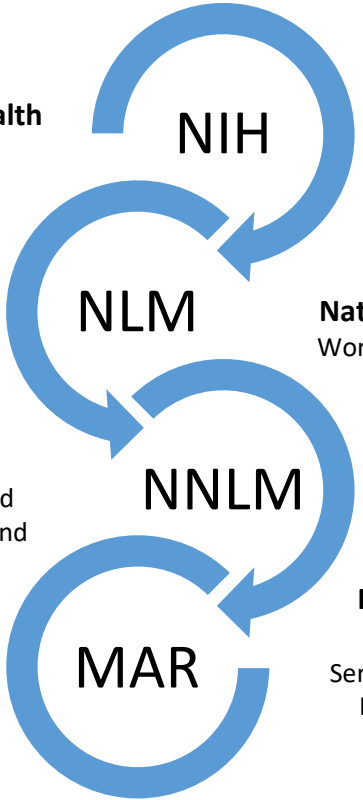
Course Page and Resource List
(nnlm.gov/classes/program)

Chat: Where are you located? What kind of library?

COVID-19

- COVID-19 is an emerging, rapidly evolving situation.
- Get the latest public health information from CDC: coronavirus.gov
- Get the latest research information from NIH: nih.gov/coronavirus

National Institutes of Health
Nation's research agency
27 institutes and offices



National Library of Medicine
World's largest biomedical library

National Network of Libraries of Medicine
Program of the NLM comprised of 8 Regional Libraries (RMLs) and 5 offices

Middle Atlantic Region (NNLM MAR)
Serves Pennsylvania, New York, New Jersey, and Delaware

National Network of Libraries of Medicine (NNLM)

The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health

- Health Programming for Summer Reading
- Health Information and Programming Resources
- Virtual Engagement
- Citizen Science
- Upcoming Related Webinars

Course Page and Resource Guide

(nnlm.gov/classes/program)

Health Programming for Summer Reading

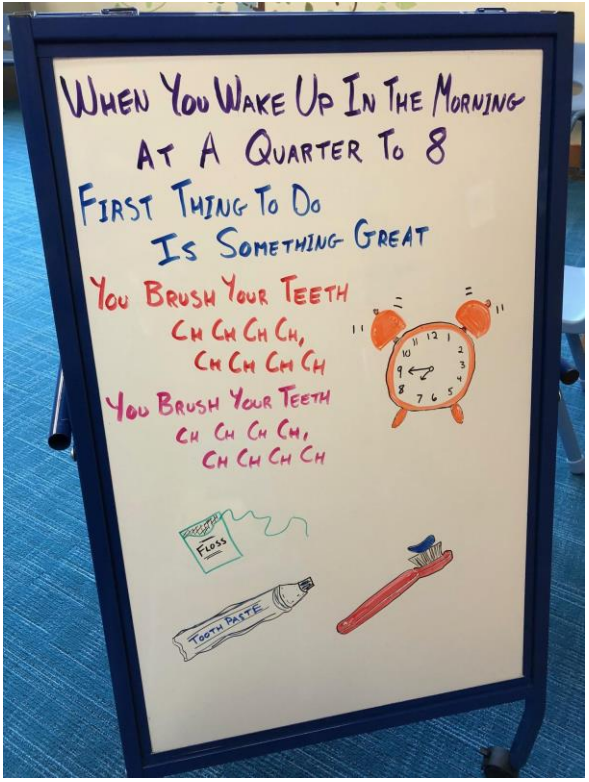
What comes to mind when you think of health programming in libraries?

Health Programming for Summer Reading

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Dental Health: A Visit from the Tooth Fairy

- *Throw Your Tooth on the Roof: Tooth Traditions from Around the World*
- *Brush Your Teeth* by Raffi
- Activities suggestions



Environmental Engagement: Into the Woods

- Citizen Science Story Walk
- Hiking Safety: Do Not Eat That!
- Into the Woods: Forest Bathing

Fairytale Nutrition

- Fairytale Nutrition Storytime
- Fairytale Garden
- Healthy Eating Cookbook Club
- Resources: Gardening Safety & Food Allergies

Graphic Medicine Book Club: Veterans' Stories

- Book Clubs?
- Explore Veterans' Health with *At War with Yourself* (2016) and *When I Returned* (2016).
- Graphic Medicine
- Explore other titles/topics for your community

IDEAS:

Consider asking a veteran in your community to talk about their experiences at a teen or adult book club. You might also partner with a veterans' organization to run this program for veterans. Be sensitive to the needs of your local veteran community.

Harry Potter's World & Herbology in Harry Potter: Ginger, Peppermint, and Valerian

- NLM Exhibitions
- Therapy Dogs? "Expecto PAWtronum!"
- What did Hedwig eat? Owl pellet dissection!
- Herbology Soap Making

Microbes Storytime: The Spread of Germs

- Books: *Sick Simon* and *Tiny Creatures: The World of Microbes*
- The Turmeric Hand Wash Challenge
- The Blue Chalk Ball Challenge

TIP:

Ask children to count to 20 or sing "Happy Birthday," which takes about the same amount of time.

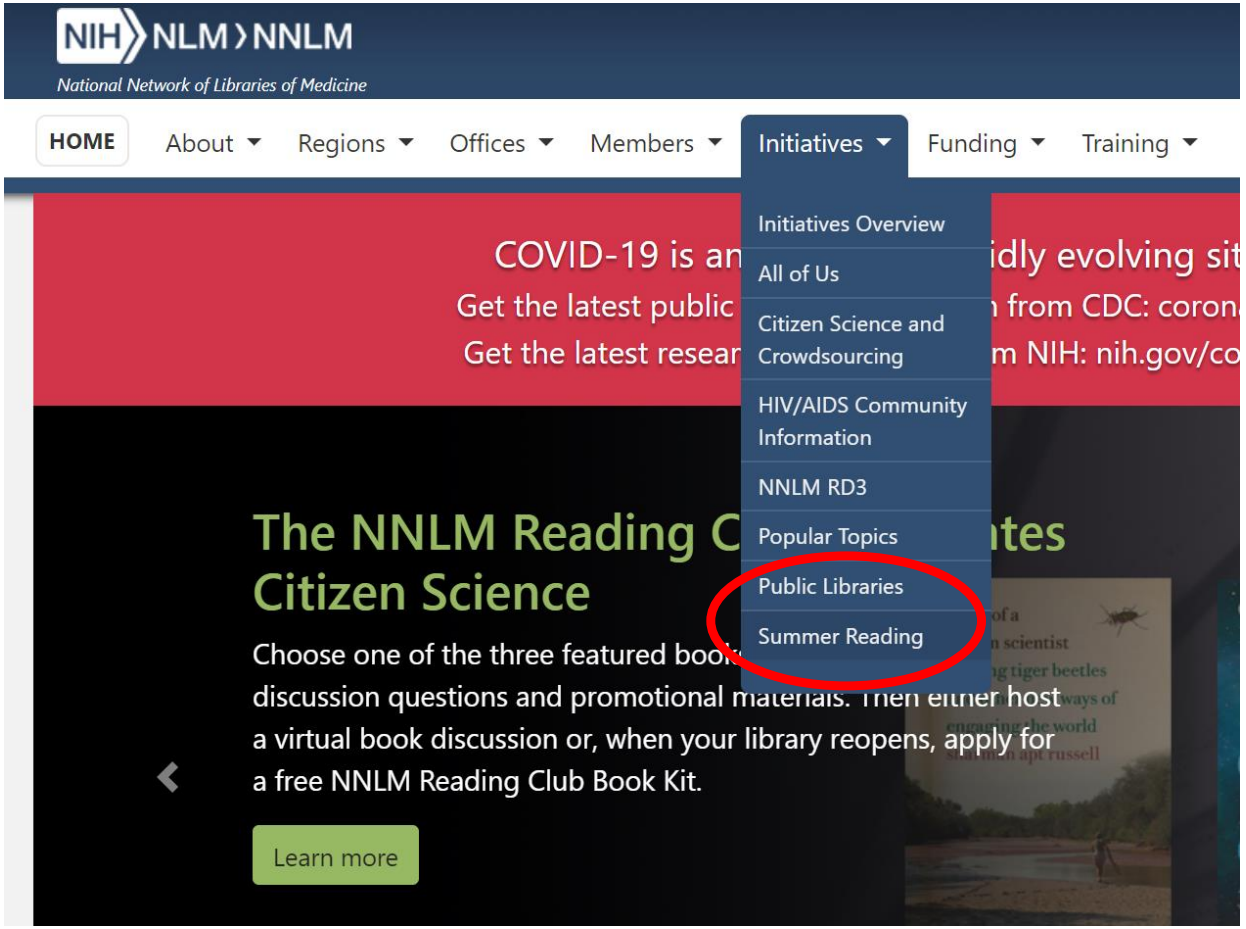
WARNING:

Turmeric can stain skin and clothing! Roll up your sleeves and consider wearing an apron.

Evaluation

These health programs were developed in partnership with the Collaborative Summer Library Program. Your feedback is encouraged.

nnlm.gov/Zkj


NIH NLM › NNLM
National Network of Libraries of Medicine
HOME
About
Regions
Offices
Members
Initiatives
Funding
Training
Initiatives Overview
All of Us
Citizen Science and Crowdsourcing
HIV/AIDS Community Information
NNLM RD3
Popular Topics
Public Libraries
Summer Reading
COVID-19 is an
idly evolving sit
Get the latest public
from CDC: coron
Get the latest resear
m NIH: nih.gov/co
The NNLM Reading C
ntes
Citizen Science
Choose one of the three featured book
discussion questions and promotional materials. Then either host
a virtual book discussion or, when your library reopens, apply for
a free NNLM Reading Club Book Kit.
Learn more

Health Information and Programming Resources

Taking a look beyond Summer Reading.

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

- Links to reliable, authoritative health websites
- Health Topics on children/teens
- Easy-to-read articles
- Lab test information
- Medical encyclopedia
- Links to local services
- Information in > 45 languages
- No advertisements or endorsements

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

MedlinePlus Recipes

Libraries Transform

Health Outreach and Programming

Home | Planning and Evaluation Tools | Creative Tools | NIH and National Health Campaigns | National Health Observances | Health and Science Games | Program Ideas & Guides | Youth Drugs and Your Body Program | Engage for Health

Questions? Contact:

Michael Balkenhol
Health Programming Coordinator
NNLM MAR
MAB602@pitt.edu

NNLM Webinars

Activate, Collaborate, and Educate: Health Outreach and Programming in Your Community
This course will provide an overview of ideas to conduct health outreach and create health programs for libraries and community/faith based organizations.

Program Ideas and Guides

Thinking of applying for NNLM funding? Looking for program ideas and inspiration for public libraries? This guide includes programs-in-a-box, program ideas, and other resources for ideas and inspiration. Check back for updates and new programs!

Summer Reading

NNLM Summer Health Programming Manual
Blast off! The National Network of Libraries of Medicine is getting into Summer Reading! *A Universe of Stories* is coming to public libraries this summer in celebration of the 50th anniversary of the first moon landing. Explore DNA and family history, make stardust, discover astronaut food, and more with our science programs for kids, teens, and adults. Check out the NNLM Summer Reading Manual for program guides created in partnership with the Collaborative Summer Library Program.

Programs-in-a-box from All of Us Community Engagement Network

The National Libraries of Medicine (NLM) is honored to be selected as a community partner of the NIH All of Us Research Program. Below are programs-in-a-box created with All of Us in mind. Visit the All of Us Community Engagement Network for more resources, including the CEN Programming Guide.

What is ‘Engage for Health’?

Community Education Program

- Patient Advocacy Program
- Improve Doctor-Patient Communication
- Encourage partnerships (hospitals, libraries and community-faith based organizations

‘Engage for Health’ Resource Guide

(nnlm.gov/mar/guides/engageforhealth)

NNLM Reading Club Book Kits

Book Selections and Health Resources: Mental Health

Mental Health Awareness Month | Mental Health Resources | Everything Here Is Beautiful | Gorilla and The Bird | Rx: A Graphic Memoir

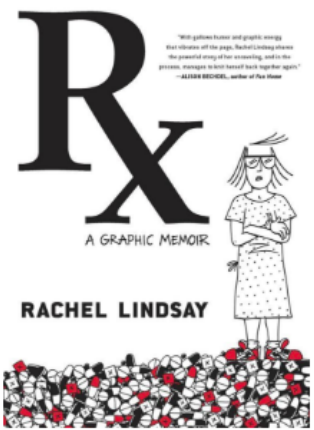
NNLM Reading Club Book Kit

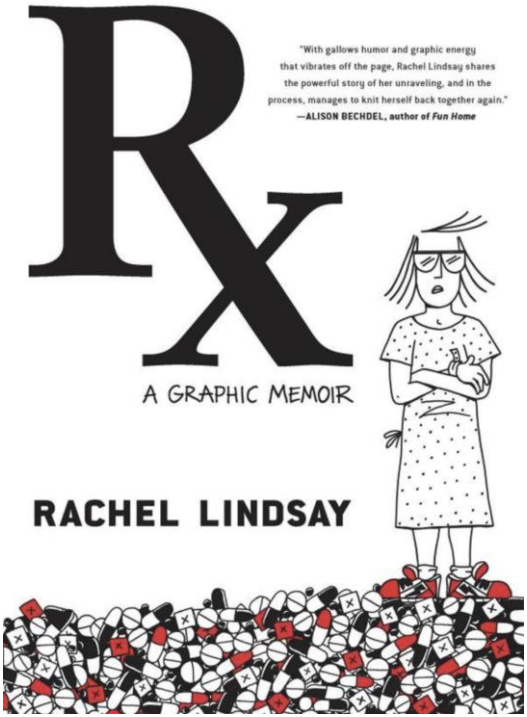
Do you want to share this book with your reading club? NNLM has made it easy to download the discussion questions, promotional materials, and supporting health information from this page.

However, if you are short on time or resources, **apply** for the *free* "program-in-a-box" NNLM Reading Club Book Kit which includes books as well as discussion questions and health topic materials.

Book

In her early twenties in New York City, diagnosed with bipolar disorder, Rachel Lindsay takes a job in advertising in order to secure healthcare coverage for her treatment. But work takes a strange turn when she suddenly finds herself on the other side of the curtain, developing ads for an antidepressant drug. Day after day, she sees her own suffering in the ads she helps to create, trapped in an endless cycle of treatment, insurance and medication. Overwhelmed by the stress of her professional life and the self-scrutiny it inspires, she begins to destabilize and finds herself hospitalized against her will. In the ward, stripped of the little control over her life she felt she had, she struggles in the midst of doctors, nurses, patients and endless rules to find a path out of the hospital and this cycle of treatment. This is the author's story of being treated for a mental illness as a commodity and the often unavoidable choice





***RX: A Graphic Memoir* by Rachel Lindsay**
Discussion Guide

These are a few sample questions can be used to spark discussion in your book club.

1. What do you think of the visual aspects of this book? How does the format of a graphic novel influence what is conveyed in this memoir?
2. Sections of the book discuss how people with mental health conditions are depicted in ads and media. What are some stereotypes from ads that you see reflected in real life marketing? How do these depictions influence the public view of mental health?
3. What aspects of your own life does the book remind you of? A particular event? Or a feeling? A person – like a friend, family member, co-worker, etc.? Can you point to specific passages/panels that struck you personally? Why?
4. If you've read other memoirs or stories about bipolar disorder (or mental illness in general), how does *RX: A Graphic Memoir* compare to them?
5. Most of us have an idea of what therapy and recovery should look like. How does *RX: A Graphic Memoir* challenge or reaffirm your personal image of what therapy, hospitalization, and mental health recovery is supposed to look like?
6. The book shows various interventions and attempts to help by Rachel's family and friends. What do you think of the intervention methods used by those closest to Rachel? What things do you find to be effective in supporting friends and family with mental illness?
7. When she receives a promotion at work, Rachel expresses a worry that people may realize that she has bipolar disorder. What are some factors (both stated and assumed) that feed into that fear?
8. How does Rachel's job at a pharmaceutical company affect how she views her own mental health?
9. What do you think the author's purpose was in writing this book? What ideas do you think she was she trying to get across? What factors do you think may influence the author's message and telling her own story?
10. In what ways did the book change your own opinion of how you view bipolar disorder (or mental illness in general)?

Extension activity

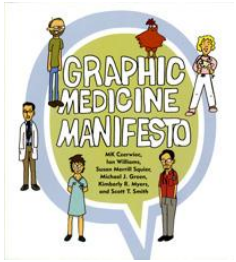
Your book club can tap into their creative abilities by creating their own graphic medicine comic book. Book clubs can utilize materials from the National Library of Medicine exhibit "Graphic Medicine: Ill Conceived & Well Drawn" (https://www.nlm.nih.gov/exhibition/graphicmedicine/) for additional information and activity plans. The Comics Making Project (https://goo.gl/oSaFqr) provides an activity plan for people to have hands-on interaction with telling their own story in a comic format.

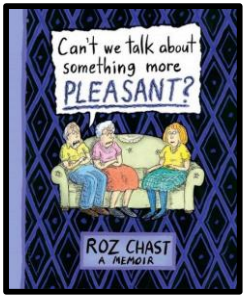
This discussion guide was created by the National Network of Libraries of Medicine and does not reflect the views or opinions of the author or publisher. Created Spring 2019.

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

All of Us RESEARCH PROGRAM | NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

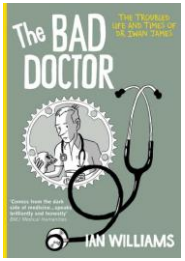
What is Graphic Medicine?

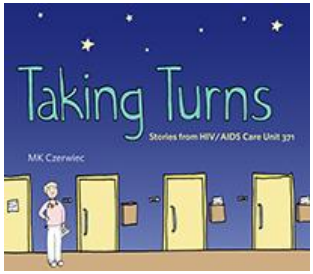


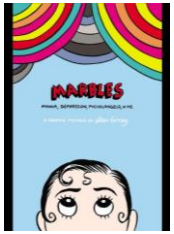


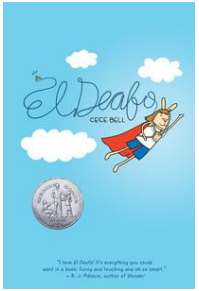
"Graphic Medicine is the intersection of the medium of comics and the discourse of healthcare."

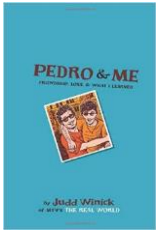
Ian Williams, MD and cartoonist

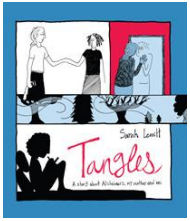




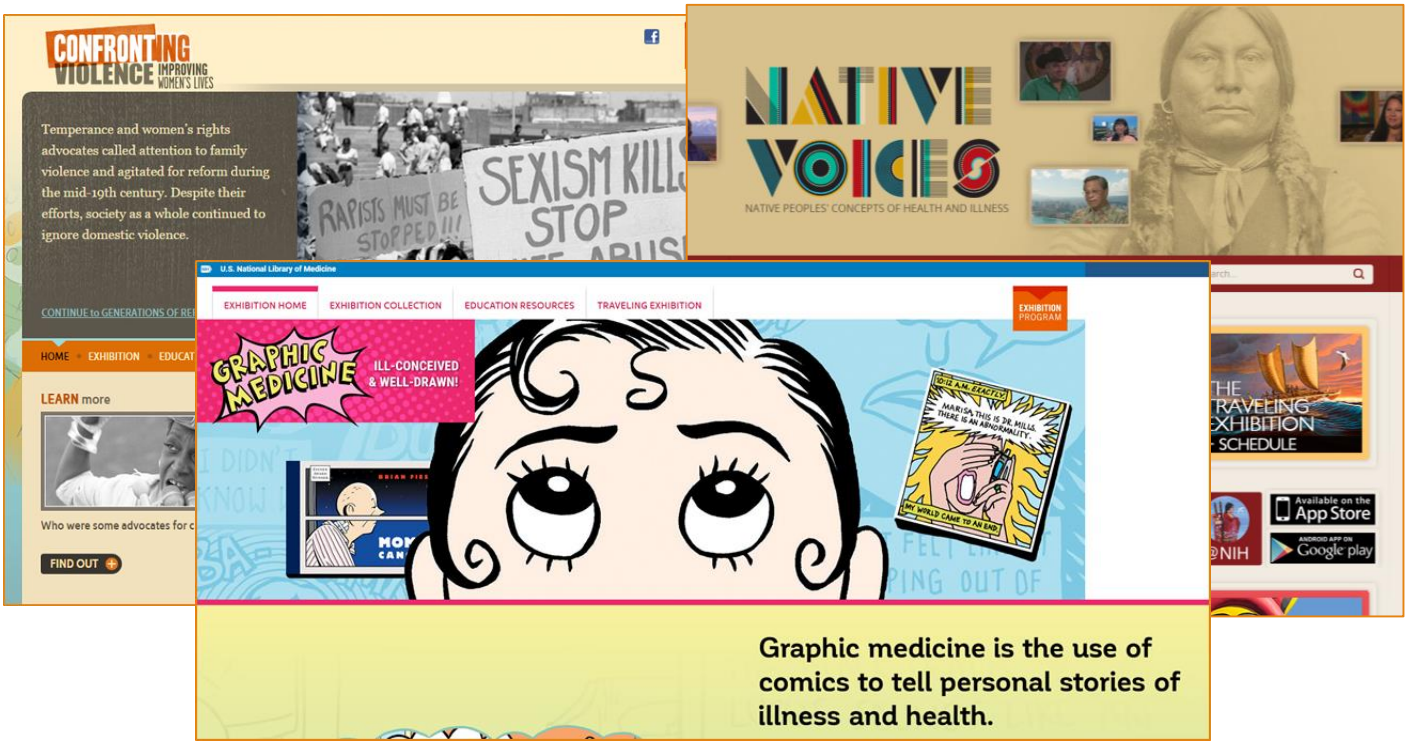








NLM Exhibition Program



U.S. National Library of Medicine
HOME
EXHIBITION COLLECTION
EDUCATION RESOURCES
TRAVELING EXHIBITION
EXHIBITION PROGRAM
GRAPHIC MEDICINE
ILL-CONCEIVED & WELL-DRAWN!
10:12 A.M. EXACTLY
MARISA, THIS IS DR. MILLS. THERE IS AN ABNORMALITY.
MY WORLD CAME TO AN END.
Graphic medicine is the use of comics to tell personal stories of illness and health.

Exhibit on display

August 19 – September 30

Falk Library
Scaife Hall, 2nd Floor

GRAPHIC MEDICINE

ILL-CONCEIVED & WELL-DRAWN!

AN EXPLORATION OF PRESENTING PERSONAL ILLNESS NARRATIVES AND HEALTH INFORMATION THROUGH COMICS

Health Sciences Library System
Falk Library, 200 Scaife Hall
3550 Terrace St, Pittsburgh, PA 15261

www.hsls.pitt.edu/exhibit

EXHIBIT FEATURES

Graphic Medicine Display
Information about this literary field, curated by experts

Book Collection
Explore popular Graphic Medicine titles

Creativity Station
Try your hand at drawing a medical comic

SPECIAL LECTURE EVENT

"The Art and Science of Science Comics"
with
Dr. Jay Hosler, Biologist and Cartoonist

Tuesday, August 27, 2019
11:30 a.m. – 12:30 p.m.

Scaife Hall Room 1104 (11th floor)

Refreshments provided

This exhibition was produced by the US National Library of Medicine

GRAPHIC MEDICINE

ILL-CONCEIVED & WELL-DRAWN!

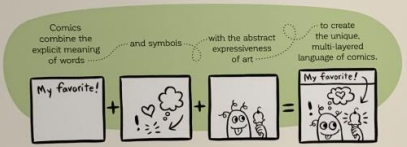
Graphic medicine is the use of comics to tell stories of illness and health. Most graphic medicine is memoir, the author as patient.

The language of words and pictures gives approachability and emotional impact to these personal stories, and even to the clinical data they sometimes include.

READING WORDS & PICTURES

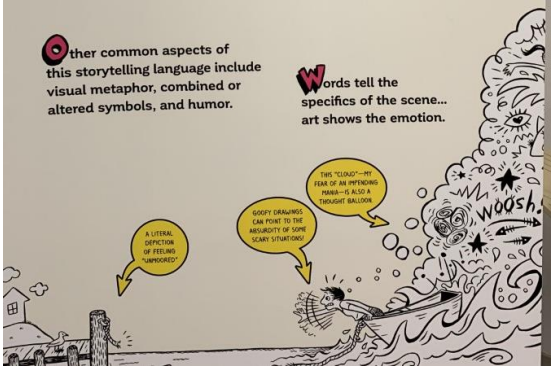
THE LANGUAGE OF COMICS

When reading (or creating) comics, the text and images work together to create meaning that neither conveys alone.



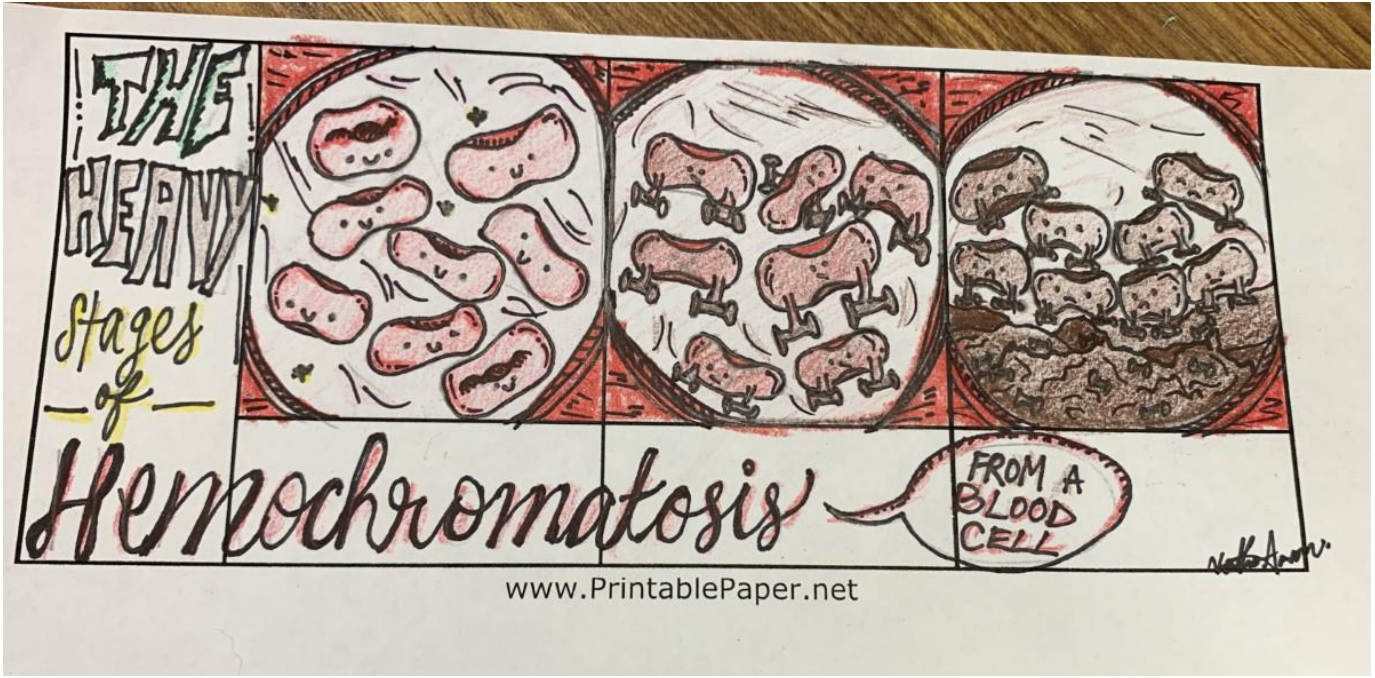
Other common aspects of this storytelling language include visual metaphor, combined or altered symbols, and humor.

Words tell the specifics of the scene... art shows the emotion.



NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Activity Station: Student Submission



Go4Life from the National Institute on Aging at NIH

Search

How Exercise Helps | Try These Exercises | See Workout Videos | Free Resources | Stay on Track

ACTIVITIES

A change in season can be a great time to try a new exercise.

MOTIVATION

Many people find it hard to make time to exercise. ***Go4Life*** can help!

NUTRITION

The holiday season can make it tricky to eat healthy. Stay on track!

U.S. Department of Health & Human Services | NIH National Institute on Aging | Info

Order Free Publications

0

Search NIA Publications

EXERCISE

Exercise & Physical Activity: Your Everyday Guide from The National Institute on Aging

Get moving! This 120-page, illustrated guide describes the benefits of exercise and physical activity for older people, with sample exercises and tips.

Es SPANISH VERSION GET

PDF PDF (22.64 M) GET

PAPER COPY GET

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Let's Move in Libraries

MUSIC AND MOVEMENT

Music and movement are important at every stage of a child's development, and can be brought together in fun, dynamic library programs. Librarians already sing, clap, and play during storytime. Music and Movement deepen this tradition by bringing in physical activity.

RUNNING

Running is one of the best things you can do for your health. Libraries help people start running through Couch to 5K programs and sustain this healthy habit through running clubs. These programs are great opportunities to form partnerships with runners in your community.

CHAIR-BASED EXERCISE

Did you know that you can work your whole body without standing up? Chair-based exercises are great ways to make fitness more accessible to individuals with mobility problems. Yoga, Zumba, Cardio: You can do it all without getting out of your chair!

PARKS PARTNERSHIPS

Local, state, and national parks are all wonderful partners. By partnering with parks you can start circulating hiking backpacks, set-up StoryWalks®, take your summer reading outside, and encourage a lifelong love of being active in nature.

LET'S MOVE IN LIBRARIES RESOURCES

Let's Move in Libraries

Let's Move in Libraries is the place for library professionals to share, learn and be inspired to develop excellent programs for their communities. This page contains general resources applicable to any library program that includes physical activities. Visit the Program Ideas page for resources specific to a particular program (such as Yoga Story Times). Contact us to add resources you have developed in your library!

SAFETY FIRST

Accidents are rare but they can happen during one of your programs. Protect your library by requiring participants to sign liability waivers. Participants (or their guardians) only have to sign a form once. These examples of liability forms used by public libraries throughout North America includes forms for Tai Chi, Exercise Classes, Yoga, Bicycling, Nerf Capture the Flag, Walking, and many other types of programs (UPDATE SEPTEMBER 2018 – More examples of Liability Forms: Ex.1, Ex.2, Ex.3). In the U.S., instructors of fitness classes in libraries may be required by your local government to have additional insurance coverage. Consult your city or county administrators for guidance.

PROGRAMMING
Librarian

A website of the American Library Association Public Programs Office

Browse Ideas | News | Blogs | Program Models | Learning | About

Featured Items

National Poetry Month

in News

National Poetry Month celebrates poems and poets, with annual events taking place nationwide in April.

Bilingual Market Storytime

in Blog

Here's what LP Fisher Public Library learned when they brought storytime to the farmers' market.

Black Superhero Showcase

in Program Models

In honor of Black History Month, Louisville's Portland Library branch celebrates black superheroes.

Small-Town Library, Big-Time Author

in Blog

How did tiny Meservey Public Library get a free visit from a bestselling author? Two words: they asked.

News

MAR 7 — National Poetry Month
Read more

MAR 7 — Programs to Help Your Patrons Get Money-Smart
Read more

Blogs

Failure: You Can Plan on It!
By: Laura Ishizaka & Deb Ripley

Free Library of Philadelphia

McPherson Square Library Photography Exhibit Spotlights...
By: Community-Centered Libraries

Tbrary

...tune in for storytime success

Home | YouTube Playlists | Library Programs | Professional Development | Blogroll | About

Mar 14 2020

Storytime Online Resources

by Lindsey Krabbenhoft

Stay Connected

Subscribe via Email

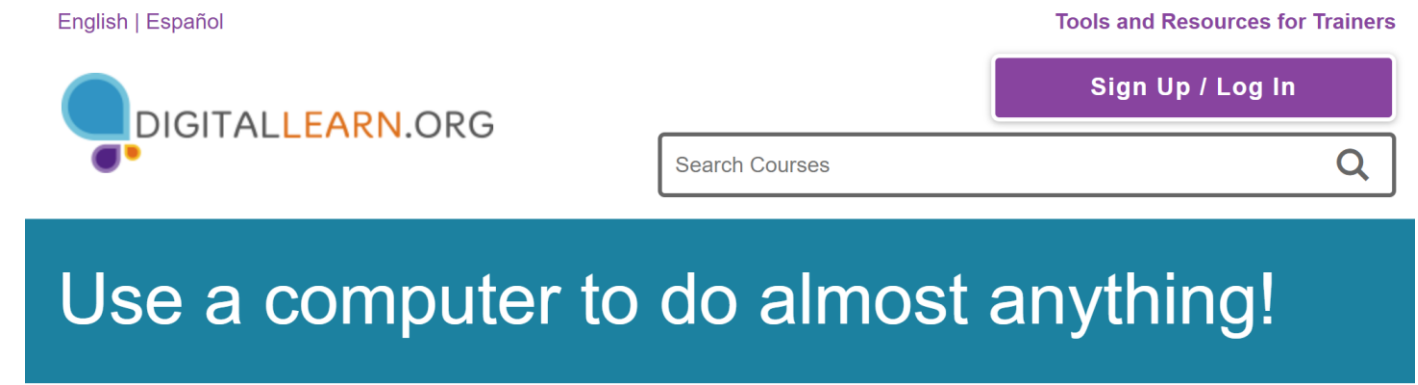
Enter your email address to receive notifications of new blog posts.

Email Address | Subscribe

About Us

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Health & Digital Literacy



NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Virtual Engagement

Public Libraries respond to closure with increased online activity. Examples. Accessibility. More Learning.

Streaming Storytime

Livestreaming Storytimes

The following libraries are livestreaming storytimes while they are closed. They can be viewed by anyone. You can also check out this Google Calendar for online KidLit events hosted by authors and illustrators.

- St. Catharines Public Library – via Facebook
- West Vancouver Memorial Library – via Instagram Live
- Fairview Free Public Library – via YouTube and Facebook Live
- Ann Arbor District Library – via YouTube
- Brooklyn Public Library – via Facebook Live
- Northvale Public Library – via Facebook Live and Instagram Stories
- Mulvane Public Library – via Facebook Live
- Meriden Public Library – via Facebook Live
- Rahway Public Library – via Facebook Live
- Maywood Public Library – via Facebook Live
- Suffolk Public Library – via Facebook Live
- Frisco Public Library – via Facebook Live
- Waunakee Public Library – via Facebook Live
- Moon Township Public Library – via Facebook Live and YouTube
- Elisha D. Smith Public Library – via Facebook Live
- Utah's Online Library – via Facebook Live
- Zionsville Public Library – via Facebook Live
- Public Library of Cincinnati and Hamilton County – via Youtube
- Framingham Public Library – via Zoom (email for invite)
- Dakota County Library – via Facebook Live
- Rockbridge Regional Libraries – via Facebook Live

Brooklyn Public Library

Digital Meditation for Teens

Tue, Apr 7 4:00 pm to 5:00 pm Virtual

teens | health and wellness | virtual programming | yoga and meditation

Brooklyn Public Library invites teens to come together to find a moment of peace in these stressful times. Instructor Lavender Suarez will guide participants through simple meditation techniques (breathing exercises, gentle movement, relaxing...

Pet Partners Reading to Dogs Program

Wed, Apr 8 3:30 pm to 4:00 pm Virtual

kids | literacy | therapy dogs

Read with Scout and have fun practicing your reading.

Carnegie Library of Pittsburgh

PROGRAM

Virtual Reading Challenge

Let's read alone together! The "Stay In & Read" challenge starts Monday, March 23. Register today!

Digital Escape Rooms

Hogwarts Digital Escape Room

Hello and welcome to our Harry Potter themed Digital Escape Room!

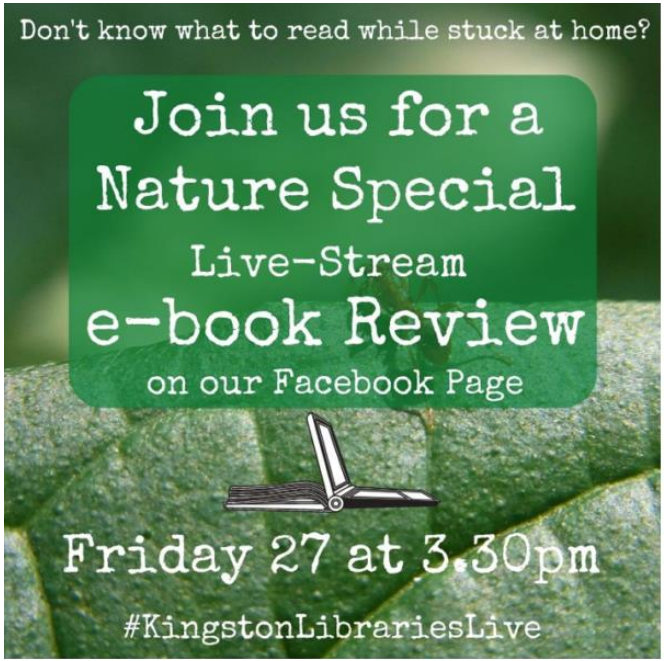
You can complete this escape room as a group or as individual. You can compete against friends and try it multiple times. Just make sure you have fun!

If you are accessing this through a social media app, we recommend opening this escape room in a separate web browser so you don't lose progress when clicking on necessary links.

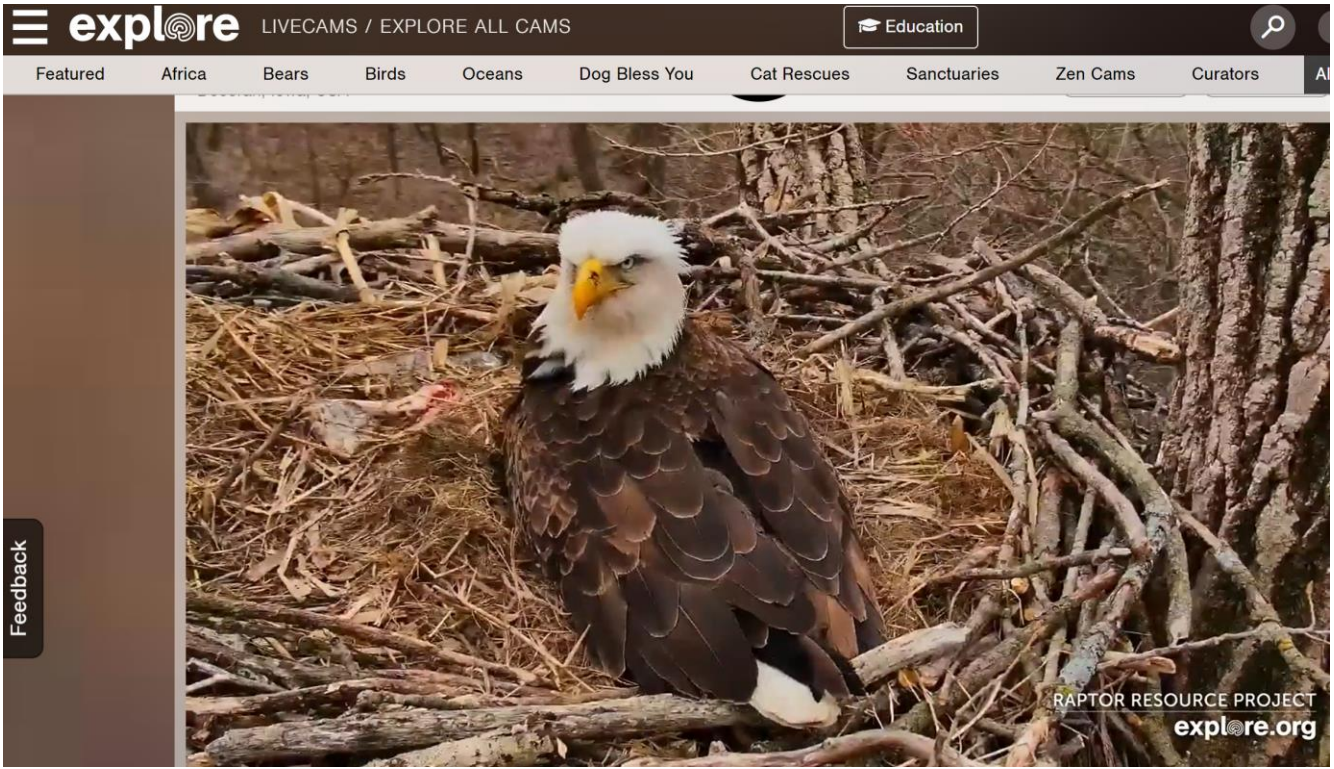
This escape experience was created by Sydney Krawiec, Youth Services Librarian at Peters Township Public Library in McMurray, PA. www.ptlibrary.org
Sydney Krawiec can be contacted via email at skrawiec@pt-library.org

A look inside the Library!

Features from Let's Move in Libraries



Nature Cams


explore
LIVECAMS / EXPLORE ALL CAMS
Education
Featured
Africa
Bears
Birds
Oceans
Dog Bless You
Cat Rescues
Sanctuaries
Zen Cams
Curators
Feedback
RAPTOR RESOURCE PROJECT
explore.org

Design and Accessibility

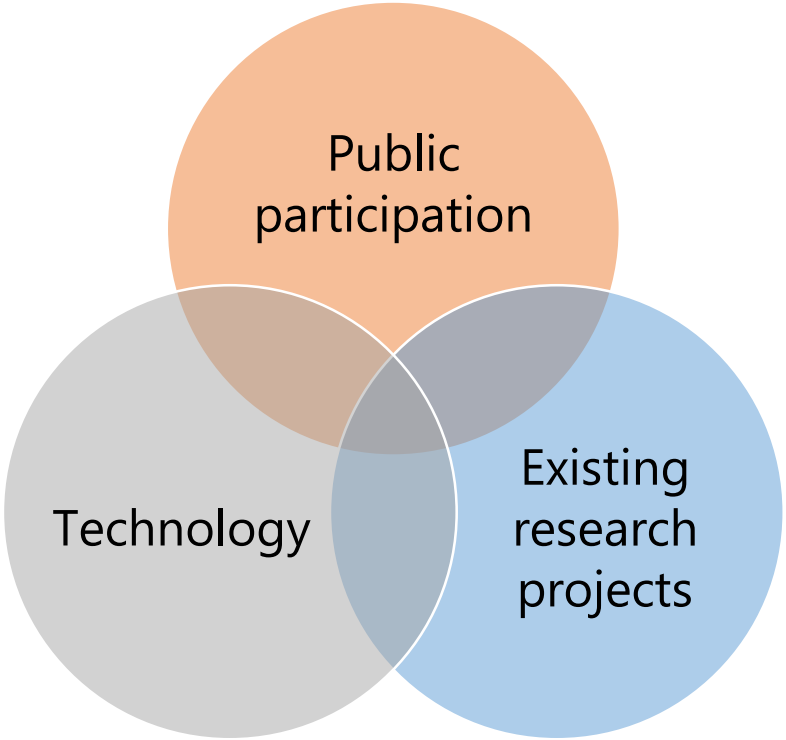
- Screenreaders and other text-to-voice tools
- Closed captioning for video, television or other digital media
- Use color effectively and correctly
- Good contrast is essential for readability
- Recorded Webinar: Digital Accessibility: Techniques for Creating User-friendly Presentations, Documents, and other Content

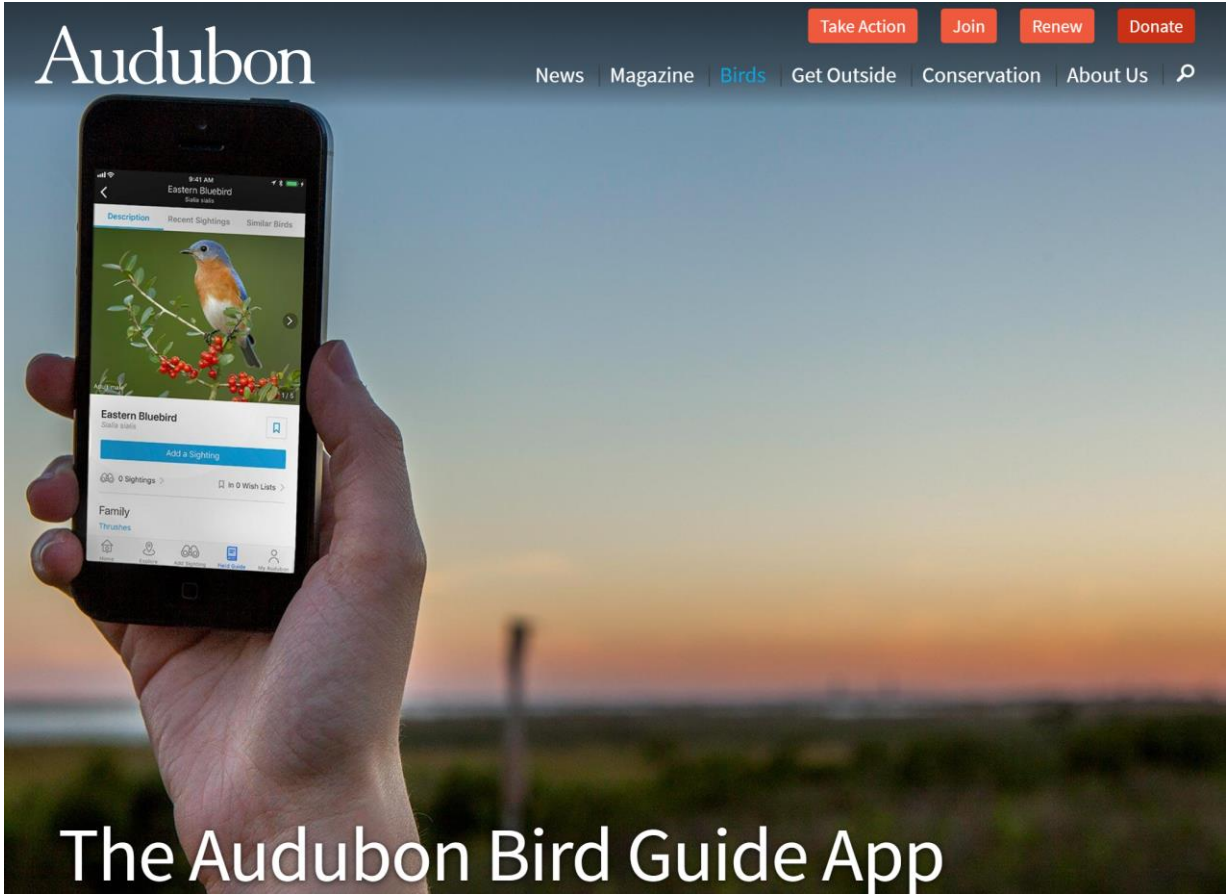
Citizen Science

Getting Started. Remote opportunities for Citizen Science Month. Webinars and Resources.

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Citizen science is at the intersection of:





NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine

Crowdsourcing and Citizen Science

Overview | Wikipedia Edit-a-thon | Citizen Science Month

Featured Projects

- Globe at Night
- Flu Near You
- Debris Tracker
- I See Change
- Stall Catchers
- Crowd the Tap
- Find More Projects Near You

Project Kits and Other Promotional Materials

- SciStarter.org/NLM
- CitizenScienceMonth.org
- CitizenScienceMonth.org/Resources
- SciStarter.org/Library-Resources

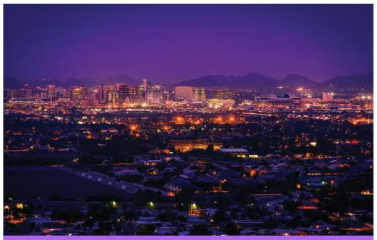
Citizen Science Basics

Citizen Science Month - Resources for Libraries

Citizen Science Month is observed annually in April to celebrate and promote all things citizen science: amazing discoveries, incredible volunteers, hardworking practitioners, inspiring projects, and anything else citizen science-related! This global celebration includes events hosted by libraries, institutions, community groups, museums, and individuals all around the world.

The National Network of Libraries of Medicine (NNLM) has partnered with SciStarter to support Citizen Science Month in April 2020. In 2019, the two organizations worked collaboratively to promote Citizen Science Day in libraries, to increase awareness of citizen science in communities across the nation, and help individuals explore the impact of their environment on health.

In 2020, during the month of April, NNLM and SciStarter seek to host citizen science activities in



GLOBE AT NIGHT

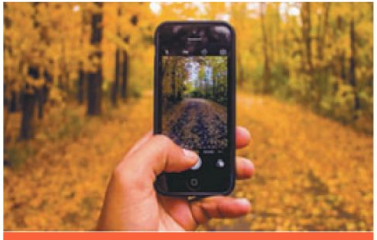
Help gather light pollution data.

FLU NEAR YOU

Spread the word. Not the flu.

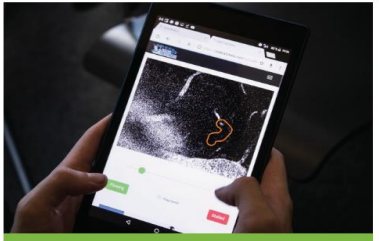
DEBRIS TRACKER

Submit sightings of litter where you are.



ISEECHANGE

Document change in weather and climate in your community.



STALL CATCHERS

Accelerate Alzheimer's research by playing an online game.

CROWD THE TAP

Help create a national inventory of tap water pipes.

Upcoming Webinars

Related upcoming webinars about libraries and the response to COVID-19.

Providing Virtual Programming in a Health Crisis

Our buildings may be closed, but our libraries should be open. See how you can provide vital health programming to your patrons at little cost and without extensive technology. Join Tony Iovino, Assistant Director for Community Services for the Oceanside (NY) Library as he discusses how his library has already provided dozens of virtual health information programs for patrons of all ages. Topics discussed will be types of programming, technology used, staff training, use of outside experts, and how to present health programming at little or no cost.

Tony Iovino has been the Assistant Director for Community Services for the Oceanside Library since 2015. Prior to that, he was the head of litigation and managing partner for a law firm in Garden City, NY that he started in 1986. Tony received his undergraduate degree from the University of Richmond, his juris doctorate from St. John's University School of Law, and is currently enrolled at the University of Kentucky, seeking his Masters in Library Information Science.

Tony is a published author (Notary Public Enemy, Diversion Press) and poet. He served on the Oceanside School District Board of Education, and has served as a board member and attorney for dozens of non-profit and public boards. He and his wife of 40 years, Angela, have two grown daughters.

Class Date:
Region/Office: National
Apr 10, 2020
11:30AM - 12:30PM CT

Kernel of Knowledge

The Kernel of Knowledge is an expert-speaker webinar series from the Greater Midwest Region which provides one-hour sessions on topics of interest to National Network of Medical Libraries (NNLM) members throughout the year. Sessions are scheduled on an ongoing basis, check back often for upcoming presentations! All Kernel of Knowledge sessions are eligible for 1.0 contact hour of Medical Library Association continuing education credit.

Webinars from this series are recorded. Recordings can be found on the main page for this series or on our YouTube channel.

APR
13

OCLC Virtual Town Hall: Libraries and the COVID-19 Crisis

A 90-minute virtual town hall exploring how libraries of all types are managing the impact of the COVID-19 crisis.

The COVID-19 crisis has created a strain on both the personal and professional lives of library staff everywhere. As libraries respond to rapidly evolving information and guidelines, building closures, and loss of resources, staff are considering new, virtual ways to connect with and support patrons and colleagues.

Join us for a 90-minute OCLC virtual town hall with a welcome from Skip Prichard, President and CEO of OCLC. This live event will feature WebJunction and OCLC Research Library Partnership program staff and four guest panelists from public, academic, special, and school libraries who will share their experiences with the shifting landscape, including how libraries are moving services, programming, and learning online.

Register to attend

Date

13 April 2020

Time

3:00 PM – 4:30 PM
Eastern Daylight Time, North America
[UTC -4]

Questions and Thank You!

Michael Balkenhol, MLIS
Health Programming Coordinator
National Network of Libraries of Medicine
Middle Atlantic Region (NNLM MAR)
mab602@pitt.edu

Please complete the short evaluation upon exit!

Developed by NNLM staff. *This project has been funded in whole or in part by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System.*